



WHATSheATE

Black-Eyed Peas with Pork and Greens



Gluten Free



Dairy Free

READY IN



625 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon cut into 1/2-inch pieces
- ☐ 1 bay leaf
- ☐ 1 pound black-eyed peas dried
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 1 cup carrots diced
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 cup celery diced
- ☐ 6 ounces ham smoked diced

- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 bunch kale
- ☐ 1 cup onion diced
- ☐ 1 pound pork neck bones
- ☐ 1 teaspoon salt
- ☐ 6 cups water cold

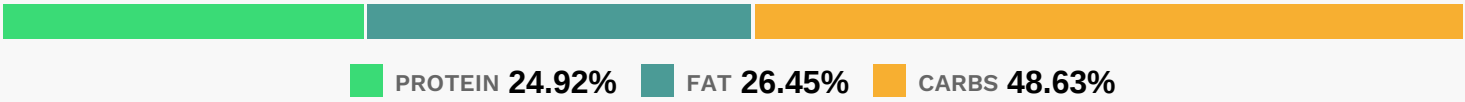
Equipment

- ☐ dutch oven

Directions

- ☐ Place black-eyed peas into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- ☐ Drain and set aside.
- ☐ Cook pork necks and bacon in a Dutch oven over medium heat until lightly browned, about 5 minutes.
- ☐ Stir in onion, celery, and carrot; cook and stir until softened, 6 to 7 minutes. Stir in garlic and cook 1 minute.
- ☐ Pour cold water and black-eyed peas into pork mixture; increase heat to high.
- ☐ Stir in bay leaf, thyme, cumin, black pepper, and cayenne pepper. Bring mixture to a simmer, reduce heat to low, cover, and simmer for 45 minutes.
- ☐ Stir in tomatoes and salt. Simmer uncovered until beans are tender, about 40 minutes.
- ☐ Remove neck bones from mixture; separate any meat from bones, return meat to Dutch oven, and discard bones.
- ☐ Stir in diced ham and kale; cook until greens are tender, 10 to 15 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:30.73, Glycemic Load:4.41, Inflammation Score:-9, Nutrition Score:11.469130359266%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 150.41kcal (7.52%), Fat: 4.51g (6.93%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 12.68g (4.61%), Sugar: 4.87g (5.41%), Cholesterol: 15.74mg (5.25%), Sodium: 755.08mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin A: 2754.72IU (55.09%), Folate: 129.77µg (32.44%), Fiber: 5.97g (23.86%), Manganese: 0.38mg (19.13%), Phosphorus: 167.3mg (16.73%), Copper: 0.26mg (13.09%), Iron: 2.13mg (11.82%), Magnesium: 46.01mg (11.5%), Vitamin B1: 0.16mg (10.91%), Potassium: 354.24mg (10.12%), Vitamin C: 7.73mg (9.37%), Zinc: 1.35mg (9.03%), Vitamin K: 9.24µg (8.8%), Vitamin B6: 0.15mg (7.53%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.86mg (4.3%), Calcium: 42.83mg (4.28%), Vitamin B5: 0.39mg (3.87%), Vitamin B2: 0.06mg (3.68%), Vitamin E: 0.36mg (2.38%)